

Unity Intergroup (UIG) Meeting Minutes – March 14, 2026

Attendees:

UIG Trusted Servants: Amanda M., Chair; Liz Z. Region 5 Rep, Vice Chair; Michele G., Treasurer; Chris C., Secretary, Jean K. WSBC Delegate

IG Reps: Bonnie H., Betty C., Amy M., Molly, Sherica, Johni B., Amy, Marianna S., Dru F., Scott P.,

Welcome:

1. Introduction
2. Tradition 3 – Johni B lead the reflection on Tradition 3.
3. **Review** January minutes
 - Jean K. moved to accept January minutes as amended; second by Betty C. February minutes approved. (Please note starting next month the minutes will not be reviewed)
4. January Treasurer's Report
 - Michelle gave the February report explaining the flow and accounting of the funds.
 - Total Revenue: \$25,780.20 with expense of \$3894.20 Net income of \$21,886.00. There is an estimate of -\$26,090.00 Buffalo Expenses with an YTD adjusted loss of – \$13,972.26.
 - The Operating account is \$52,139.00. Prudent reserve account always has \$15,000.
 - Approved February treasurer's report by Bonnie H. February treasurer's report approved.
5. Newsletter: The following groups signed up to write articles for the upcoming months:
 - April: Wednesday Joy of Recovery Meeting - Johni B
 - May: Saturday Eden Prairie Meeting – Jean K
 - June: open
 - July: Saturday Circle Pines -
 - Submit articles to unity.intergroup.newsletter@gmail.com. Submit articles by the 27th of the prior month.
6. Intergroup Business
 - **Open positions**
 - Elected Service Positions:
 - Region 5 Reps (allowed up to 4 + alternate)
 - WSBC Delegates (allowed up to 4 + alternate)
 - Committee Chairs:
 - Big Book study chair
 - Convention Co-chairs
 - Coordinator Service Positions:

- Hotline responder – need a 2nd person
 - Literature coordinator –
 - Zoom meeting manager –
 - Full descriptions of positions are on the overeaters.org website [here](#).
- Discussion on UIG meeting frequency –

After good thorough discussion it is probably best to keep Saturday at 12:30. A lot of people agree that July off could be an option. Amanda M. made the motion that we keep the meeting Saturday from 1230 – 2:00 (2:30 at the latest) and not meeting in July. Johni B seconded. No further discussion. All in favor, no one opposed. Motion passed.
- Literature Request – tear away signs to display in public space/bulletin boards.
 - After ample discussion of pros and cons of this literature request Amanda M made a motion to order 300 of Current OA posters for use at the Buffalo retreat and pursue a new design through the PIPO – Jean seconded. Betty is not in support of 300 Dru agreed. Motion passed with 2 objections.
- Just for Today literature has been updated
 - Order new and do not sell the old ones. Be sure to say that it is outdated.

7. Events/Committee reports

- Unity Buffalo Retreat April 17-19, 2026
 - Registration is open <https://lp.constantcontactpages.com/ev/reg/4q8gqk2>
 - Looking for groups to donate baskets to the event
 - Committee is meeting weekly now
 - Registration minimum is met so will open for commuters
 - Scholarships are still available
- Quick Steps May 2 & 16, 2026

8. Announcements/Action Items:

- **Region 5 Spring Assembly March 6-7, 2026, online – Liz attended this.**
 - She learned that Region 5 has Committees for Intergroup-to-Intergroup Committee support and PIPO. Those two committees got money to support their activities. The Louisville PIPO committee requested funding from region 5 to put up small billboards (posters). Cleveland intergroup PIPO committee did a similar thing and found it to be quite successful. They focused the posters on locations with underserved populations and an in-person OA meeting nearby. Perhaps the Unity PIPO committee could consider this as a new form of outreach and apply for funds to support it.
 - The Region 5 Chair is attending a Regional Chair meeting in Poland soon.
 - The trustee to the World Service sent a reminder not to use copyright pictures on your flyers. Consider using Canva to create your flyers.
 - OA.org find a meeting feature is being redone – look for this in 2026.
 - The Region 5 Treasurer is willing to hold meetings with intergroup treasurers to answer questions and give support.

- They are looking for an intergroup to coordinate the 2027 convention because the original planning intergroup had to back out. They would offer a mentor/support and there is a Region level Convention group to develop the Convention. Region 5 Chair sent a document with roles and responsibilities for developing and leading the convention. UI was interested in doing 2028 Convention. Molly asked, is it Region 5 and would it be collaborating with the other Intergroups. Yes, UI would take the lead. Concern is that we have not had anyone to lead the MN Convention how would we do this for the Region? Can we do this in lieu of the state convention. Table this for next month and vote.
- Region 5 Convention September 4-6, 2026, in Indianapolis, IN
- Region 5 Fall Assembly October 23-25, 2026, in Chesterton, IN

9. Committee meetings:

- Public Information/Professional Outreach (PIPO)
 - Had a couple of events in the past and there were no events scheduled but some are in discussion. Possibly attending recovery on the Hill – many different recovery fellowships attend (have a booth, hold a walk)
- Twelfth Step Within
 - Tentatively planning a May 17 Body Image workshop via Zoom

Today Amanda introduced a new committee. The Unity Community Builders. This group will support groups to develop fellowship opportunities and plan some UI group planned activities also.

The meeting ended with the Pledge of Responsibility.

At 2:00 the UI group split into small groups to do committee work.

Respectfully submitted,
Chris C., Secretary